

# THE FOUR D's OF DISCONNECTION

1. DIAGNOSIS
2. DENIAL OF RESPONSIBILITY
3. DEMAND
4. DESERVE

## Exercise

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For each of the examples below, guess the following:

- Which "D," is it?
- What needs might be underneath the statement?
- BONUS: How might you rephrase the sentence using feelings and needs language?

1. My sister is a narcissist.

2. You have to go to college.

3. They pressured me into working overtime, even though I had plans last night.

4. Smile! Stop being so negative.

5. People that steal should be locked up.

6. You make me feel guilty.